

### SMOKING CESSATION (QUITTING) RESOURCES

#### Smoker's Helplines:

English	Spanish	Chinese	Vietnamese	Korean	Hearing Impaired	Chewing
1-800-7-NO-BUTTS (1-800-766-2888)	1-800-45-NO-FUME (1-800-456-6386)	1-800-400-0866	1-800-778-8440	1-800-556-5564	1-800-933-4tdd (1-800-933-4833)	1-800-844-CHEW (1-800-844-2439)

SUPPORT GROUPS	FREESELF-HELP LITERATURE & REFERRALS		COUNSELING	
<i>Nicotine Anonymous</i> <b>FREE 12-STEP PROGRAM</b> <b>CALL FOR MEETING LOCATIONS</b> <b>(415) 750-0328 LEAVE MESSAGE</b>	American Lung Association	(510) 893-5474 x 100	Contra Costa Health Services (No fee for CCHP Members)	
	American Heart Association	(510) 632-9606		
	American Cancer Society		Richmond	(510) 374-3681
	Oakland	(510) 832-7012	Concord	(925) 646-5502
	San Pablo	(510) 236-6905	Martinez	(925) 370-5000
	Pleasant Hill	(925) 754-1987	Pittsburg	(925) 427-8115
	Alameda County Tobacco Control	(510) 628-STOP	Antioch	(925) 778-4873
Contra Costa County Tobacco Prevention Project	(925) 313-6808	Bay Point	(925) 427-8300	
		Brentwood	(925) 634-1102	

CLASSES		
VARIABLE LOCATIONS	BERKELEY	SAN PABLO
<i>American Lung Association of the East Bay</i> (510) 893-5474 / (925) 935-0472 Call for dates and locations of available classes, or to arrange one for your group or business. Fee: less than \$100	<i>Alta Bates Medical Group</i> (510) 704-8510 Fee: less than \$100	American Cancer Society (510) 236-6905 Fee: less than \$100
	<i>Freedom from Tobacco Cessation Program</i> Berkeley Tobacco Prevention Program (510) 665-6808	
<i>Your Health Insurance Plan</i> Most health insurance plans offer low cost quit the health education department of your health plan.	<b>HAYWARD</b>	<b>RICHMOND</b>
	<i>Bay Valley Medical Group</i> Joanne Hill: (510) 293-5695 Fee: free to Bay Valley patients	Kaiser (510) 307-2210 Fee: less than \$100
<b>OAKLAND</b> <i>East/West Oakland Health Centers</i> Joyce Riley: (510) 835-9610 x332 Fee: None - Ongoing every 6 weeks	<i>Kaiser</i> Health Education Center (510) 784-4531 Fee: less than \$100	<b>ANTIOCH</b>
	<b>FREMONT</b> <i>Kaiser</i> Health Education Center (510) 795-3455 Fee: less than \$100	Kaiser (510) 779-5090 Fee: less than \$100
<i>Kaiser</i> Information Hotline:(510) 596-7923 Fee: less than \$100 Ongoing every 6 weeks	<b>WALNUT CREEK</b> Kaiser (925) 295-4190 Fee: less than \$100	<b>PLEASANT HILL</b> American Cancer Society (925) 754-1987 Fee: around \$100
	<b>PLEASANTON</b> <i>Kaiser</i> (925) 847-5050 Fee: less than \$100	
<b>ALAMEDA</b> <i>Alameda Hospital</i> Louise Nakada:(510) 814-4062 Fee: around \$100	<i>Contact Health Education for Foothill High - Nina Reese</i> (925) 461-6600 <i>Village High - Tracy Holley</i> (925) 426-4260 <i>Amador High - Health Educator</i> (925) 846-2818	<b>CONCORD</b> Mt. Diablo Members Center Health and Fitness Institute (510) 798-9401
	<b>CASTRO VALLEY</b> <i>Eden Hospital</i> Laurie Chavoen: (510) 889-5078 Fee: less than \$100	